OCTOBER - DECEMBER 2016

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OLD SCHOOL NUTRITION

PAM GETS THE HURT OUT

MORE THAN JUST A SOCCER TRIP

THE LOW-DOWN ON PALEO DIETING

KEEPING 'PACE' WITH JOSHUA BERGER

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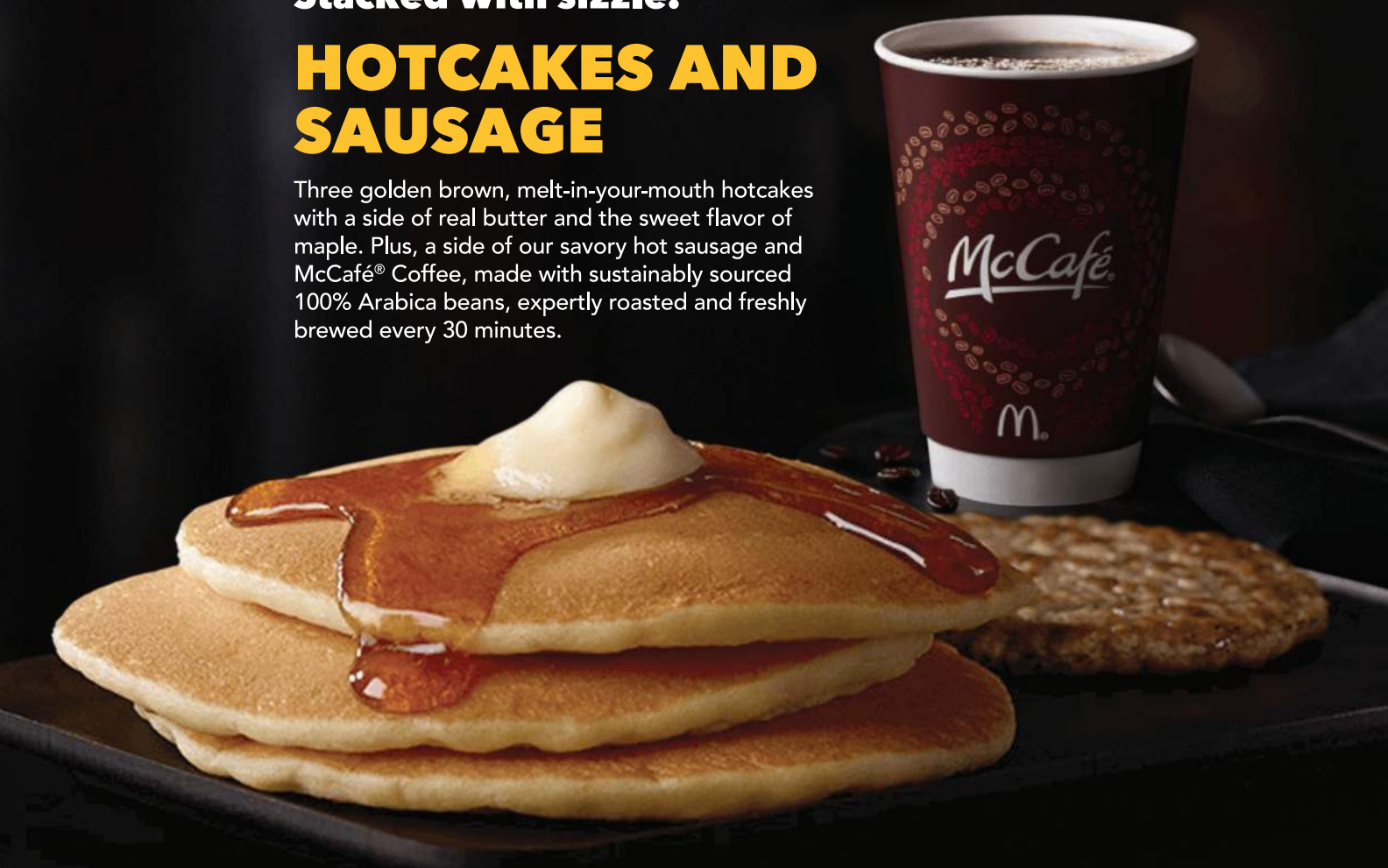

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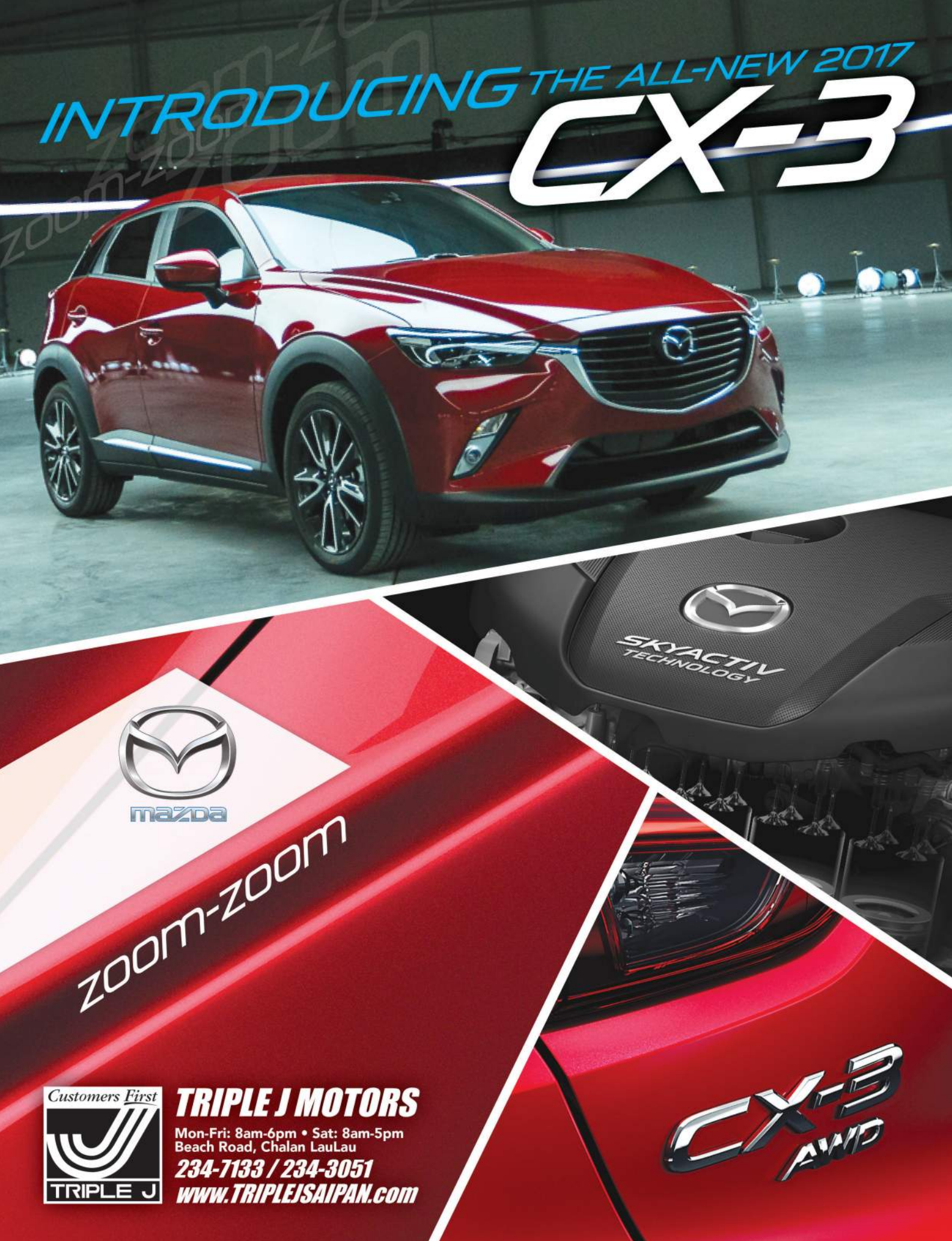
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Funnily enough, I have learned that walking is best done when you don't have to parse it, when you don't have to think about it, when it comes as naturally as breathing. You swing your arms for balance, you do it with heel and toe action for a faster pace, you make minute movements of the head to check barriers in your periphery, and your fear of falling is offset by your concentration on keeping your balance. Unfortunately, such epiphanies came late for me and only when I lost my walking skills. At the ripe old age of 47, I am relearning how it is to master the art of walking.

That includes unlearning previously held ideas. As Dre Delos Santos outlines in his Myth Buster article, much of what we consider common sense or stuff we heard from a neighbor are actually counter-intuitive or lack the scientific rigor that make them accepted facts. It is so easy and convenient to heed other people's opinions and beliefs that we throw out the window all concepts of skepticism or common sense.

On our staff writer Roselyn Monroyo fell the unenviable task of coming up with a first-person account. This time, she braved the gym of Trench Tech to learn the basics of Brazilian jiu-jitsu in the hands of one of the islands' best teachers, Cuki Alvarez. Roselyn, yes, one of our more sedentary reporters putting on the kimono of a jiu-jitsu fighter in order to learn how to get out of a headlock.

On page 22, Catherine Perry sat down with one of the most unheralded icons of the local sporting scene, Kiyokazu Onishi, who created the Rota Blue and Tinian Turquoise Blue, two of the islands' well known triathlon events. He revels in being behind the scenes but his contributions to the local sporting scene are immeasurable. Even I myself has not heard about Onishi until this article came out.

Another unheralded hero is Pam Carhill, who also loves to labor behind the scenes but is a stalwart figure when it comes to taking care of our up-and-coming soccer stars. Something in your body hurts? Pam knows how to set you right.

As always, we welcome any feedback, story ideas, criticisms, corrections, etc. Just email them to editor@saipantribune.com and we will be sure to find space for them.

Sinseramente,

JAYVEE VALLEJERA
editor@saipantribune.com
Managing Editor

COVER ART
Trench Tech instructor Cuki Alvarez gives pointers on Brazilian jiu-jitsu to two of his young charges.

Photography by
ROSELYN B. MONROYO

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KAISAANDERSON

Kaisa Anderson is a Registered Dietitian. She recently completed her first half-marathon in Utah this summer and has enjoyed a break from running. She is pursuing other activities and recently tried kayaking, only to find a hole in the bottom that filled up with water, nearly sunk, and then flipped her over. Next time she will use a different kayak.

ROSELYNMONROYO

When Cuki handed Roselyn the Gi, she remembered how she and her cousins used to borrow their older cousins' bathrobes and imitate the martial arts moves they saw on TV.

JONPEREZ

Jon previously joined one of the try-athlon races of the then-Northern Mariana Islands Triathlon Federation but ditched the 500-meter swim leg since he only knows how to swim underwater.

DREDELOS SANTOS

Dre Delos Santos, a Mount Carmel School alumnus, earned his Bachelor of Science in Kinesiology at the University of Hawaii and now runs his own fitness business as a certified strength coach in Honolulu.

CATHERINEPERRY

Cathy is a returning contributor to TAGA Sports. She owns and manages the PR firm Integrity Communications and is active in MVA, HANMI, and MTEC events. Like most SUV drivers, she ignores traffic humps and is a fan of PIC's Seaside Grill, especially during sunsets.

Email letters to the editor to editor@saipantribune.com or mail to PMB 34, P.O. Box 10001, Saipan MP 96950. Submissions to TAGA Sports must include the writer's name, village address (no P.O. boxes), and daytime phone or mobile number. Letters may be edited for length and clarity and may be published or used in any medium. All submissions become the property of the publication and will not be returned.

What to know about PALEODIETING

When I first heard of the Paleo diet I dismissed it as another fad diet. I dismissed this diet early on figuring it was another spin on the Atkins diet, but I never fully researched scientifically and nutritionally to determine a correct opinion. I believe it's important to learn the effects that a new diet will have on your body, your hormones, and your lifestyle to critically decide if it's worth pursuing. Therefore, before deciding Paleo is your new way of eating, please read five things you should know about the Paleo diet.

KAISAANDERSONRD
Contributing Writer

The premise of the Paleolithic diet

In 1985, two anthropologists introduced the idea of the Paleolithic diet. Their explanation of the diet is our ancestors, those over, 10,000 years ago, who did not farm crops or livestock, lived on the primitive food sources of what they hunted and gathered. According to the anthropologists, 10,000 years is too short of a time for the human body to evolve and handle the current Western diet, which consists of added sugar into almost every product, high fat, high salt, processed with emulsifiers and additives, preservatives, and dyes. As a result the Paleo diet is determine to be better for our bodies before the modernizing practice of farming began. This means certain food sources from farming such as beans and peanuts, some fruits, grains, and dairy should be eliminated. The diet further specifies to cut out excessive salt, sugar, and processed foods. Foods acceptable in the diet involve meat (preferably grass fed), fish, nuts and seeds, vegetables, and some fruits.

Tan Holdings

Tan Siu Lin Foundation

2016 SPORTS CALENDAR

OCTOBER

2016 Micro Cup:
This outrigger canoe tournament will be held in Palau and will feature paddlers from the host island, Guam, CNMI, and the Federated States of Micronesia.

2016 UFO Masters Basketball League:
This year's tournament will have a unique format with each masters squad reinforced by players in the 40-and-below age group.

Art of War 11:
This submission grappling and Brazilian jiu-jitsu tournament will be hosted by Trench Tech and will have 10 weight classes competitions.

NOVEMBER

AFC U19 Women's Championship 2017 Qualifiers:
The CNMI will be competing in one of the five qualifying tournaments and will travel to Nanjing, China to face Australia and Jordan.

2016 NMA All Schools Cross Country Championships:
This is the culmination of the series of run races Northern Marianas Athletics holds for elementary, middle school, and high school students.

2016 SSC All Schools Swimming Championships:
After being shelved last year due to Typhoon Soudelor, Saipan Swim Club brings back the swimming competitions for elementary, middle school, and high school students on Saipan.

DECEMBER

8th Tan Holdings Tennis Classic:
Saipan and Guam players compete in adults and junior singles and doubles event. The event will also serve as a ranking tournament under the Pacific Oceania U14 Circuit.

2016 Hell of the Marianas Century Cycle Race:
The lung-busting 100K race around the island will test the stamina and skills of local and visiting bikers.

2016 NMA Christmas Island Relay:
This 13.7-mile race from Pacific Islands Club in San Antonio to the Last Command Post in Marpi is open to a team of five runners or a solo participant.

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Heart-healthy diets and what you can eat

A recent essay by the president-elect of the American College of Cardiology highlighted the benefits of a vegan diet, raising questions about the best way to eat for heart health. Here's a look at some of the more common options, which all start with a solid base of fruits and vegetables.

Diet types	Vegetarian	Vegan	Paleo/caveman	Mediterranean	Dash	Ornish
	Plant-based diet that excludes beef, chicken, fish and poultry.	Plant-based diet that excludes beef, chicken, fish and all animal products.	Focuses on foods eaten by ancestors; nonprocessed foods that can be hunted or gathered.	Fewer meats and carbs, more plant-based and monounsaturated (good) fat.	Emphasizes fruits, vegetables, whole grains and fat-free or low-fat dairy products.	Focuses on lowering high-fat animal proteins while increasing complex carbs.
Components						
Red meat	No	No	Yes (If grass produced)	No (or small amounts)	No (or small amounts)	No
Chicken	No	No	Yes	No (or small amounts)	Yes	Yes (skinless)
Fish/seafood	No	No	Yes	Yes	Yes	Yes (moderate)
Eggs	Yes (sometimes*)	No	Yes	No (or small amounts)	No (or small amounts)	Yes (egg whites)
Dairy	Yes (sometimes**)	No	No	No (or small amounts)	No (or low-fat)	No (or low-fat)
Vegetables	Yes	Yes	Yes (no potatoes)	Yes	Yes	Yes
Fruit	Yes	Yes	Yes	Yes	Yes	Yes
Legumes	Yes	Yes	No (including peanuts)	Yes	Yes	Yes
Seeds and nuts	Yes	Yes	Yes	Yes	Yes	Yes
Healthful oils			Yes	Yes	Yes	
Grains	Yes	Yes	No	Yes	Yes	Yes

*The lacto-ovo vegetarian diet includes both dairy products and eggs ** The lacto vegetarian diet includes plant foods plus dairy products

Source: thepaleodiet.com; National Institute of Health; National Heart, Lung and Blood Institute; Academy of Nutrition and Dietetics

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Graphic: Jonathon Berlin, Chicago Tribune

Paleo versus other fad diets

Regardless of what the health and fitness industry says, Paleo falls into a common theme as other fad diets; low carb, high protein, with added vegetables. The Atkins diet, the first two weeks of South Beach, and Paleo all focus on this pattern. If you look closely, I am sure you can find minimal differences between the three diets. Despite their popularity, they are not the top-rated diets for weight loss. According to the US News & World Report, which was ranked by experts, the top diet which ranked No. 1 for "Overall Best Diet" and "Heart Health Diet," ranked No. 2 for "Diabetes Diet," and ranked No. 12 for "Weight Loss Diet," was the DASH diet. The Dietary Approaches to Stop Hypertension (DASH) diet emphasizes fruit and vegetable consumption, with lean protein sources, low in salt and no processed foods, fat-free or low fat dairy, whole grains, nuts and seeds and healthy fats; in summary an overall healthy balanced diet. The rankings for "Overall diets," trailing far behind, the South Beach Diet ranks at the No. 21 spot followed by Atkins at No. 34, and Paleo ranked at No. 36 and No. 38 for "Weight Loss Diets." Although, it is not ranked high, you have to wonder why Paleo dieting is getting so much buzz for weight loss.

Paleo and weight loss

Paleo has become similarly popular to other "low carb, high protein" diets for its claim for weight loss. From personal testimony of those following the diet, they have quick results in a matter of weeks. Studies have shown promising evidence for this claim as well. A 2015 study in the journal Cell Metabolism found results for 19 people over two weeks, resulting in a greater weight loss for those who were on the "low-carb diet," compared to those who ate a "low fat" diet. More evidence shown in another study, with 148 people participating, also compared a "low carb, high protein" (not specifically Paleo) and a "low fat" diet and found those on a "low carb, high protein" diet lost almost eight lbs more than those on the "low fat diet." I cannot say it better myself, an article I read summed it up with a quote from a 2015 review in the *Journal of Gastro Intestinal Liver Diseases* concluding a Paleo-esque diet "might be an acceptable antidote to the unhealthy Western diet, but only unequivocal results from randomized controlled trials or meta-analyses will support this hypothesis." In short, reliable studies have not been conducted, and be aware the studies I have shared contain limitations in their research. They are only stepping stones to the truth if the Paleo diet benefits quick weight loss, making the answer inconclusive. What may work for some doesn't work for others.

Paleo and athletic performance

The Paleo diet is often associated by those participating in Crossfit gyms and exercises. Considering that the newer exercise trend is growing in popularity, the diet has been as well. It all started with one of the first Crossfit nutrition certifiers Robb Wolf. Crossfit originally had an association with the Zone diet, a diet that requires exact measuring of food and exact ratios of carb, protein, and fat. But as time went on, Robb Wolf was having greater success with weight loss and athletic performance with a Paleo-esque type diet. He was found promoting Paleo type dieting more than the Zone which eventually dismissed him from conducting Crossfit nutrition certifications by Crossfit headquarters. However, the trend of the diet was well under way. Unfortunately, the scientific evidence and studies are hard to find if the diet indeed actually improves athletic performance. However, many articles, book claims, and personal testimony swear the diet will help you back squat 15 lbs more in a couple of weeks and maintain muscle mass. Overall, the answer to the possibility of the Paleo diet helping athletic performance is inconclusive. More research needs to be conducted, and any results you feel would be your personal experience if Paleo is the next diet trend you should try.

Paleo and its safety

Even though the fitness industry loves the Paleo diet, licensed health experts have to question its safety, as the long-term effects are not known. There is a known fact though, our ancestors, the Paleolithic man typically did not live past the age of 30, and their diet, lifestyle, and environment all play a part in that outcome. One must heed caution as the Paleo diet is deficient in certain nutrients and contain excessive amounts of others. For example, calcium and Vitamin D are some the nutrients that do not meet the RDA requirements while eating Paleo. In addition, coconut flour, coconut sugar, and coconut oil are acceptable substitutions in the diet for typical baking products. The humorous thing is they have a minimal difference nutritionally of regular wheat flour, white sugar, and butter, and contain higher amounts of saturated fat in each substitute product. Just as stated before, for Paleo diet and athletic performance, there is no significant evidence or studies conducted to conclude the safety of this diet on your overall health long-term.

As a professional, Paleo dieting would be a personal choice for those who follow it. There is no significant scientific evidence to support or deny its credibility. I share similar sentiments in regards to a healthy balanced diet as Marion Nestle, M.P.H. PhD., Public Health at NYU: "I can't think of any nutritional reason why such foods should be prohibited…The basic principles of healthful eating are…vary unprocessed foods. Don't overeat." Just as the Paleo diet promotes, I would recommend eliminating processed foods, refined sugar, excessive salt and fat from your diet, the definition of our new modernized Western diet. However, if you feel the Paleo diet is the direction for you to go, just as with every new diet, it is important to remember you consult with your physician or registered dietitian before starting. Previous medical conditions and illnesses may not make the Paleo diet the best for you. Happy hunting and gathering!

DIVISION OF YOUTH SERVICES

The Division of Youth Services has numerous responsibilities that promote the well-being of children, youth, families and the community as a whole. The division intervenes on reports of all forms of child abuse and neglect, domestic violence where children are involved, truancy, runaway/homeless youth, juvenile delinquency and provide rehabilitative services to youth remanded for secured care.

DYS UNIT/PROGRAM FUNCTIONS

CHILD PROTECTIVE SERVICES

- Respond to Child Abuse and Neglect Reports
- Emergency Shelter Services
- Foster Care Services
- Case Management Services
- Client Monitoring/Home Assessments
- Court Hearings
- Coordinate Family Support Services
- Prevention/Outreach

JUVENILE PROBATION UNIT

- Supervision of Court Conditions for Juveniles
- Client Monitoring
- Case Management
- Court Hearings
- Services for Juveniles Detained

FAMILY& YOUTH ENHANCEMENT PROGRAM

I. **YOUTH SERVICES:**
- Coordination of Counseling Services
- Rehabilitative Programs for Juveniles Detained
- Anger Management Sessions
- Substance Abuse Prevention Sessions
- Botvin Lifeskills Sessions
- Juvenile Reentry Sessions
- Afterschool Program
- Prevention/Outreach

II. **PARENT EDUCATION SERVICES:**
- Parenting Classes
- Parents Anonymous, Inc. Support Groups
- Parent Development Workshops
- 24-Hour Parent Helpline
- Prevention/Outreach

III. **COMMUNITY SERVICES:**
- Education, Training and Employment for Low-Income
- Community Action Agencies/Program Monitoring
- Volunteer Program
- Unit/Program Referrals
- Data Management System
- Performance Measurement

REPORTING PROCESS

If you know or have reason to believe a child has been neglected, physically or sexually abused, **REPORT IMMEDIATELY** to either:

Child Protection Unit
Initial Intervention
664-2565
Emergency/After Hours
911

CROSS REPORT

LAW ENFORCEMENT
911

LAW ENFORCEMENT
ATTORNEY GENERAL

RESPONSE

CHILD PROTECTION
FAMILY SUPPORT

- **Sexual Abuse/ Assault Medical Exam Referral**
- **Investigation/ Safety Assessment**
- **Referral To Appropriate Direct Services/ Community Agencies**
- **No Services Needed and/or No Maltreatement Determined**

NUMBER OF CHILDREN SERVED FOR FY 2016

Units/Programs	Male	Female	Unknown	Total
Child Protective Services	199	206		405
Juvenile Probation Unit	158	70		228
F&YEP Community Services	45	53		98
F&YEP Parent Education Services	205	213		418
F&YEP Youth Services	93	11		104
		TOTAL		**1253**

NUMBER OF ADULTS SERVED FOR FY 2016

Units/Programs	Male	Female	Unknown	Total
Child Protective Services	170	133		303
Juvenile Probation Unit	0	0		0
F&YEP Community Services	23	87	46	156
F&YEP Parent Education Services	47	194		241
F&YEP Youth Services	0	0		0
		TOTAL		**700**

For more information, please call:
Saipan: 664-2550/2551/2557 | Tinian: 433-9330 | Rota: 532-9351
Visit DYS website at www.dys.gov.mp

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Building # 1263, P.O. Box 501000 C.K., Saipan, MP 96950

MYTHBUSTERS

Debunking Old School Nutrition

DREDELOSSANTOS
Contributing Writer

As human beings, we have a natural inclination to think in a context of right and wrong, yes and no, black and white. As a result, we overlook this huge gray area that really hasn't quite established its mark. This blunder is largely due to misinformation that has saturated the fitness industry since the Internet was born.

The plethora of misinformation has created so much confusion that it made it really difficult for us to understand what the best approach is. In short, we became victims of paralysis by analysis.

In this article, I'm going to enlighten you by debunking a number of pervasive nutrition myths, so you can finally get the ball rolling in the right direction, be it fat loss or building muscle.

Myth 1: Eating smaller meals throughout the day increases metabolism

Perhaps the most obvious of the bunch. For as long as I could remember, we have been led

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to believe that eating smaller and frequently would stoke our metabolism. Albeit well-intended and logical, there's very little evidence that supports that claim. Fortunately, research has shown that there's no difference between eating six smaller meals, four moderate sized meals, or three big meals.

At the end of the day, if the total caloric intake is the same, your body is still going to induce the same response.

I don't know about you, but eating every two to three hours is too much of a hassle and does not fit my schedule. Plus, being hungry all the time is a pain. Choose a frequency that fits your lifestyle.

Myth 2: Brown rice is better than white rice

This was another tidbit that I had the misfortune of adopting because it was the norm. Brown rice is more nutrient dense, so it was a no-brainer. It's simple logic—you eat the foods that are going to give you the biggest return in

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Zika virus and pregnancy

If you get Zika during pregnancy, you can pass it to your baby. It can cause a serious birth defect called microcephaly.

Protect yourself and your baby from Zika:

1 **Prevent** mosquito bites. Zika most often spreads through mosquitoes.

2 Don't have **unprotected sex** if your partner may be **infected** with Zika. If you do have sex, use a **condom**.

3 If you think you may have Zika, **tell** your **health care provider.**

More information: **marchofdimes.org/zika**

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your investment. Not so fast! It is slightly more nutrient dense. Just slightly. Here's the thing: the phytic acid content that brown rice has inhibits proper digestion, so to be blunt, you're really not absorbing them. All in all though, if you like it, eat it. No right or wrong here. Just putting things into perspective. But seriously though, white rice for the win.

Myth 3: Eggs yolks are bad for you

For decades, we've been brainwashed into thinking that cholesterol is the enemy—associating it with cardiovascular disease. There is always this contention that just because egg yolks are high in cholesterol, consuming them is frowned upon. Let me put it this way, most people would cringe if they saw how many whole eggs I eat in a week.

I know what you're thinking: this guy is a typical gym douche who can eat whatever he wants and can get away with it. Before you close the curtains on me, eggs are actually healthy for you. Not only it is the most bioavailable source of protein, but it is also packed with tons of vitamins and minerals.

Have a couple whole eggs here and there. Nothing to worry about.

Myth 4: Salt causes high blood pressure

Just like eggs yolks, salt has been demonized due to the claim that it causes high blood pressure. The vast majority of medical professionals will be quick to tell you to cut back on salt if that is the case. What drives me nuts is that they fail to look at your overall lifestyle—it's less work to prescribe medication and tell you to cut back on sodium than it is to actually educate. Contrary to popular belief, optimal sodium intake is essential for optimal health. It increases blood volume, which then helps deliver nutrients to the body and helps remove waste.

More often than not, you're eating too much processed foods and you're not getting enough exercise. Simply moving more proves to be more beneficial than the alternative (as is the case with virtually everything). Remember: it's much easier to add in, than it is take out. Additionally, reducing your sodium intake poses potential health risks down the road such as: low blood volume, electrolyte imbalance, and chronic fatigue.

MILESTONES MATTER: LET'S TALK ABOUT THEM!

MILESTONES AT 4 MONTHS
- Begins to babble
- Responds to affection

MILESTONES AT 6 MONTHS
- Likes to play with others
- Responds to own name

MILESTONES AT 9 MONTHS
- Has favorite toys
- Understands "no"

MILESTONES AT 1 YEAR
- Tries to say words you say
- Waves "bye-bye"

MILESTONES AT 2 YEARS
- Begins to run
- Begins to sort shapes, colors

MILESTONES AT 3 YEARS
- Knows name and age
- Climbs and runs well

Get free milestone checklists for these ages and more at **www.cdc.gov/Milestones** or by calling 800-CDC-INFO (800-232-4636)
Children's Developmental Center (C*DAC) | Tel: 664-4841/4842/4844

Learn the Signs. Act Early.

Developed in partnership by the University of Missouri and the US Department of Health and Human Services, Centers for Disease Control and Prevention.

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This projected is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number X02MC28239, Affordable Care Act (ACA) Maternal, Infant and Early Childhood Home Visiting Program grant.

HPV CANCER PREVENTION

HPV is the most common sexually transmitted infection (STI). HPV is so common that nearly all sexually active men and women get it at some point in their lives. There are many different types of HPV. Some types can cause health problems including genital warts and various types of cancers, including cervical cancer and cancer of the penis, vagina, anus, and throat. But there are vaccines that can stop these health problems from happening.

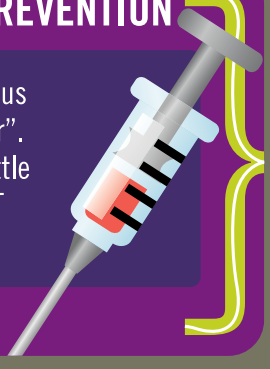
1 HPV VACCINE IS BEST AT 11 YEARS

AT THE SAME TIME AS OTHER TEEN VACCINES

One way to avoid HPV is by getting vaccinated with the HPV vaccine. HPV vaccines have been proven SAFE and EFFECTIVE in protecting males and females against diseases like CANCER when taken in the recommended age groups (beginning at 11 years old).
We start vaccinating children at age 11 to ensure they are protected at a young age before they become adults. Once a person has HPV the vaccine is no longer effective.

2 HPV VACCINE IS CANCER PREVENTION

The HPV vaccine is safe and effective plus it PREVENTS CANCER. It's a "no brainer". Vaccines are like a little miracle in a bottle and the HPV vaccine is no different. IT PREVENTS CANCER. Enough said.



3 HPV VACCINE IS RECOMMENDED

Parents please get your children vaccinated and give them the protection they deserve. Growing up is hard enough. Getting protected against crippling and deadly vaccine preventable diseases is one way we can ensure our children grow up to have a healthy and productive future.

TALK TO YOUR DOCTOR ABOUT VACCINATING YOUR SONS & DAUGHTERS AGAINST HPV.

IF THERE WERE A VACCINE AGAINST CANCER, WOULDN'T YOU GET IT FOR YOUR KIDS?

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

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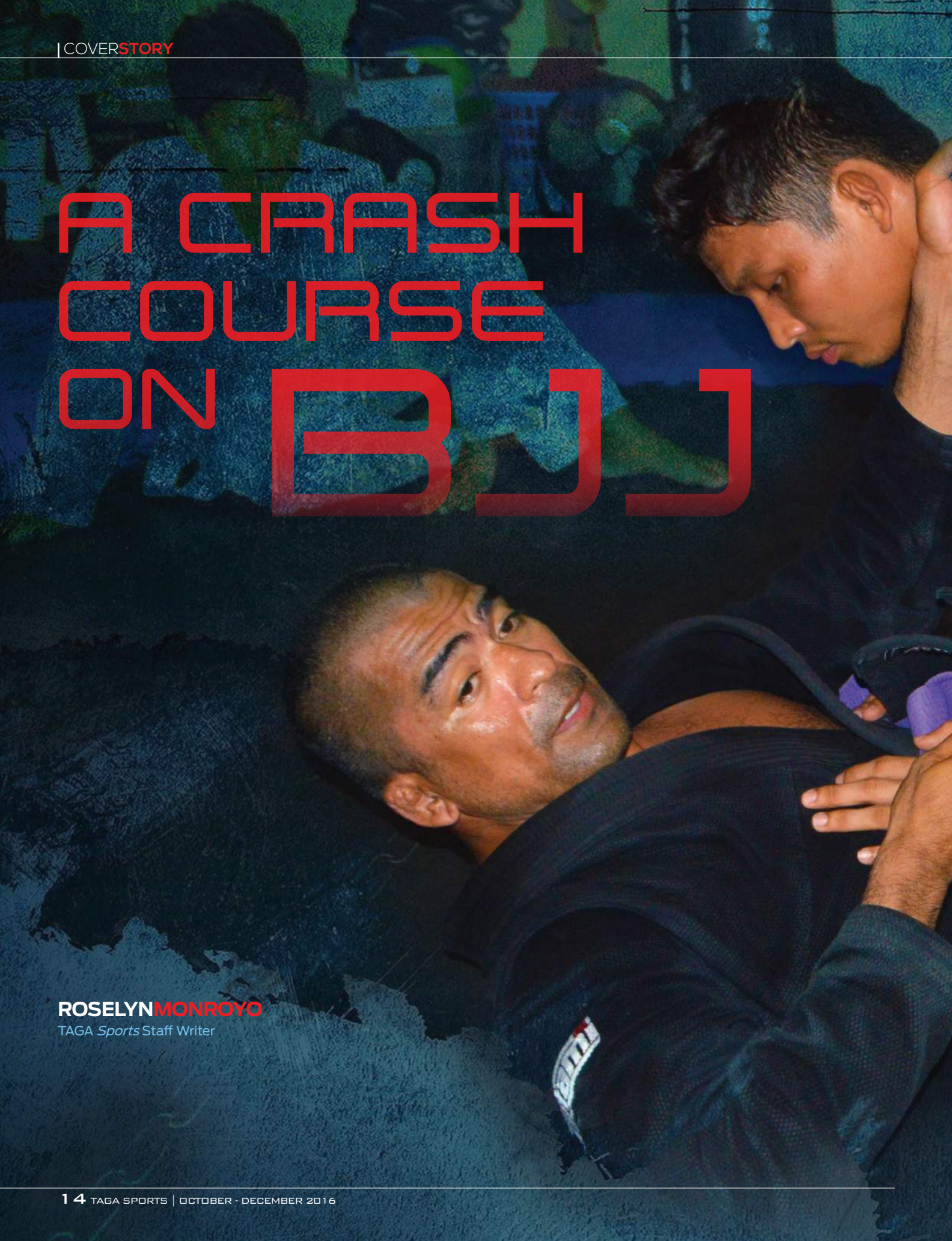
Saipan: 236-8745 | Tinian: 433-9233 | Rota: 532-9457

Other Tel. Nos.: 236-8745/8780/81/83

For more information, visit www.cdc.gov.vaccines

VACCINES SAVE LIVES. VACCINES ARE SAFE AND EFFECTIVE. VACCINES SAVE TIME AND MONEY. VACCINES PROTECT US BY BUILDING IMMUNITY TO VACCINE PREVENTABLE DISEASES.

A CRASH COURSE ON BJJ



ROSELYN MONROYO
TAGA *Sports* Staff Writer

The penultimate lesson was a "sweep" with upcoming MMA fighter Giovanni Taitingfong on top of me. Suddenly, a childhood memory flashed back: I and one of the kids in our neighborhood are fighting and Maybel, "my opponent," has the advantage position (top mount). I could not get up as she kept pulling my hair and held my arms. Then here comes my younger brother with a bucket full of sand (he got it from a nearby construction site), pouring it on Maybel to distract her and break up the one-sided fight and "save" me.

Giovanni's voice brought me back to reality. I moved my left hips out, scooting away from his lock at the bottom and wrapping my legs around his hips while using my left hand to hold the lapel of his Gi (kimono) and my right, grabbing the bottom sleeve. With my lapel and sleeve grips secured, I pushed him down to my right side and presto, I reversed the position and found myself on top.

Had I learned one of these Brazilian jiu-jitsu techniques decades ago, I would have defended myself against Maybel and would not need my brother's creative but messy interference (I had sand all over my face and head).

Brazilian jiu-jitsu, or BJJ, according to purple belt Cuki Alvarez, is a highly efficient form of combat and is great for self defense.

"It is known in the martial arts world as 'The Gentle Art.' The fighting techniques are used more for submitting and subduing your opponent rather than hurting him or delivering unnecessary damage. It is for every one of all ages, shapes and sizes," Alvarez said.

The Trench Tech founder added that BJJ is a very useful way to exercise and get in great shape. I was already sweating profusely just five minutes into the class and after doing just the first technique—the close guard.

Repetition is the key, thus I was told to do most of the demo 10 times. Don't be afraid if you don't get it the first time—it is common for beginners like me. After doing 10 reps, my partner—Giovanni—took his turn.

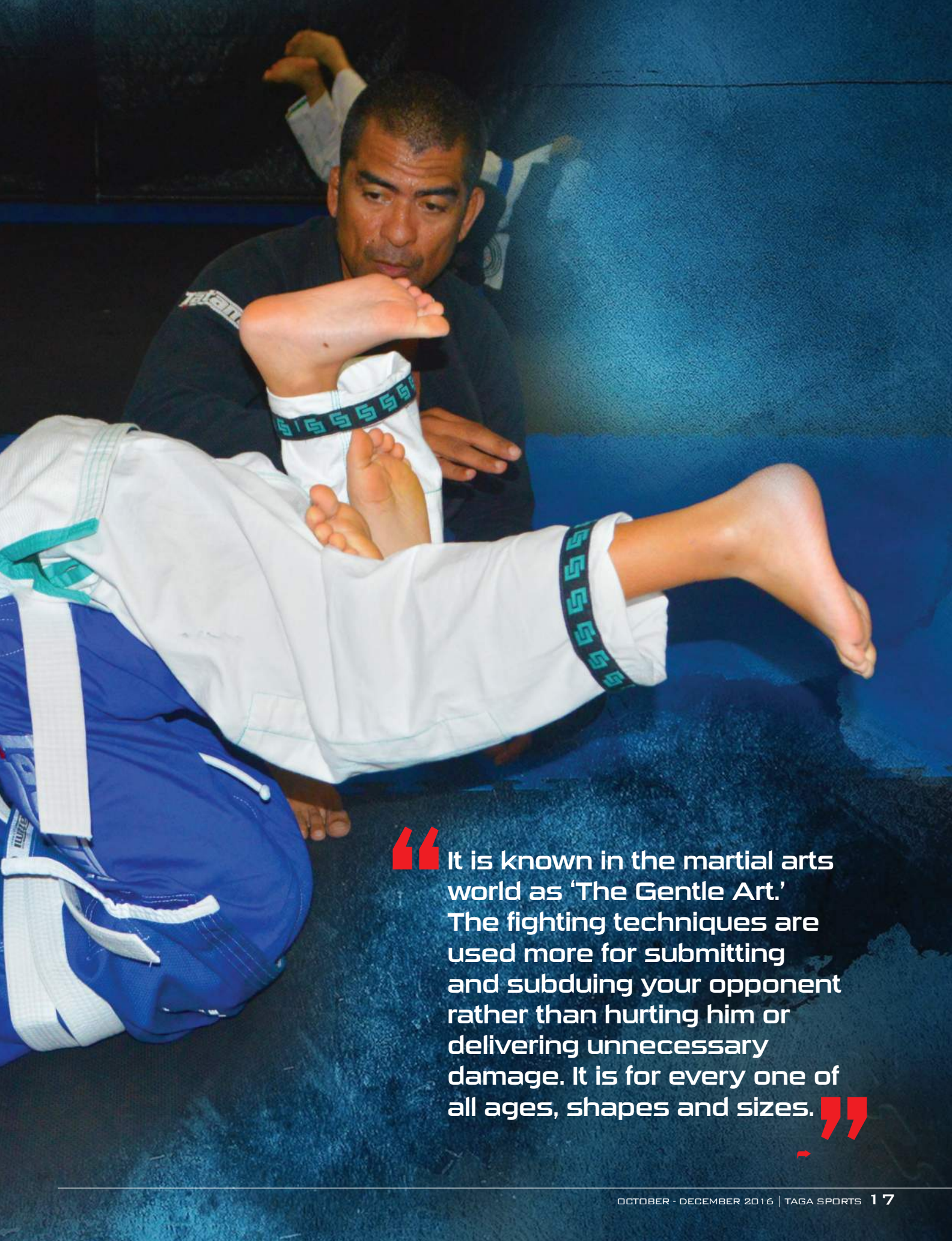
After learning one technique, we proceeded to the next one with Cuki demonstrating it first a lot of times with Roman "The Sonic Boom" Alvarez as his partner. We (eight adults and seven kids) gathered around the mat and watched closely how Cuki made his move against Roman. Cuki did three to four reps of each technique before instructing us to be with our respective partners and follow what he just taught us.

At the end of each demo, Cuki would shout "Ouss," and we answered "Ouss."

"It is used and said often as a sign of respect, confidence and discipline. It's kind of similar to 'Sir, yes sir' but with a deeper and broader meaning," Cuki said.

My final lesson was the S-mount and this was the most challenging one for me because not only am I out of breath from the repetitions we did in the four earlier techniques, but also due to the many movements involved in doing this. I was also conscious of throwing my full weight on my opponent, knowing I am 40 lbs heavier than Giovanni (in actual BJJ fights, opponents should be in the same weight class).

However, Giovanni was very helpful and assured me he was alright after I did the S-mount and choked him with my 160-plus frame on top of him. He tapped out and my crash BJJ course was over.



> It is known in the martial arts world as 'The Gentle Art.' The fighting techniques are used more for submitting and subduing your opponent rather than hurting him or delivering unnecessary damage. It is for every one of all ages, shapes and sizes.

BJJ TECHNIQUES

CLOSED AND OPEN GUARD: The closed guard is a position in Brazilian jiu-jitsu where you secure your opponent between your legs and interlock your ankles behind his back and favors the person on the bottom. Open lock is your legs behind his back. There are many attacks from this position such as triangle chokes, arm bars, Kimura shoulder locks, guillotine chokes, Americanas (shoulder lock), Omo Plata (shoulder locks using your legs); and sweeps and reversals to better positions.

BUTTERFLY GUARD: This guard is when your opponent is on top of you and you have your shins and insteps controlling his legs and inner thighs. Again, this particular guard favors the person on the bottom. The butterfly guard is a very effective guard in keeping your opponent from passing to the side mount because of how you can control their hips and legs. It nullifies their attacks and there are also many sweeps from this position as well, aptly called "butterfly sweeps"

TRIPOD POSITION: The "Tripod" position is known as a base stance on your knees that makes it difficult for your opponent to sweep or reverse you. It teaches the ground fighter to have a strong base and good posture.

SWEEPS: Sweeps are "turn overs" or "reversals" where the person on the bottom is able to reverse positions with the person on top and ultimately move to a more dominant position from the sweep. Lapel and sleeve grip control is a set up for a sweep.

S-MOUNT: The side mount is an intermediate position prior to taking the mount and numerous submission holds can be applied from this position. Once in the side mount you should be able to remain on top of your opponent so he will not be able to escape. Put your entire weight onto your opponent to neutralize him.

SAFETY TIPS

- Always practice BJJ in a safe environment or legitimate academy or gym.
- Respect all your teammates and always listen to your coaches.
- Learn proper techniques from skilled instructors.
- Never ever over crank or extend a submission lock or choke while training with your partner and understand that is always best to tap out rather than cause unnecessary injury to your training partner.
- Never apply what you learned outside of the academy or gym unless you are using it for self-defense.
- When doing BJJ always have fun.

When I was done, the Gi that Cuki loaned me was drenched in sweat. It felt like I just went through a three-hour workout at the gym, but in fact my lesson lasted only a little over an hour. I thanked Cuki, my classmates, and Giovanni and promised to return the clean Gi and hopefully join them in another class.

"The popularity of BJJ is growing tremendously around the world and here in the Marianas it is no different. I am happy to be able to provide interested practitioners a chance to learn and share BJJ on the island. For now we only do our BJJ classes on Wednesdays from 6:30pm to 8:30pm and on Saturdays from 10am to 12pm. But we are looking forward to more members signing up and adding on more days during the week to cater to the demand," Cuki said.

Note: A BJJ class, or any other session at Trench Tech Gym, holds warm-up/stretching drills.

Keeping 'pace' with JOSHUA BERGER

JON PEREZ
TAGA *Sports* Staff Writer

Not even a heart condition could stop Joshua Berger from doing what he loves—joining endurance races on Saipan and in other countries. He has done nine marathons, including the Paris International Marathon and the Mt. Fuji Marathon and competed in more than 50 triathlon races.

Locally, he is among the longest competitors in the Tagaman since 2000. He has joined similar races on Tinian and Rota, participated in numerous fun run events, and completed the Annual Christmas Island Relay thrice in the 12 times he ran the 22-kilometer course.

Berger was born with an irregular heartbeat, a medical condition called arrhythmia that causes problems with the heart's electrical system regulating it. A person that has arrhythmia may suffer a heart rate that is either too slow or too fast, and it may also be disorganized.

"As a child, I'd get dizzy and tired since my condition had not been diagnosed yet, but I still played sports—baseball, football, and basketball—as I grew up. I have been fine, since my pacemakers were put in," Berger told TAGA *Sports* in an interview at his soon-to-be "vacated" law office on Middle Road in Garapan.

Berger was a newly sworn lawyer—obtaining his degree at University of California-Hasting College of the Law in San Francisco—when he accepted a law clerk position at the Superior Court of the State of Alaska in the central city of Fairbanks in 1979. "I accepted the job in Alaska, even though I never knew where Fairbanks is."

It was also in that same year he got his first pacemaker—a small device almost the same size as a Zippo lighter that's placed inside a patient's chest to control abnormal heart rhythm.

Berger had a routine medical checkup when he was told to see a cardiologist. After getting an electrocardiogram, which checks the problems in your heart's electrical activity, he was advised by the doctor to have a pacemaker implanted on his chest.

"I'm on my fifth pacemaker now since I was 26 years old. I had a fancier one last year, a new one, that's better than the old ones that I had before. This one is built for athletes that are into endurance sports," said Berger.

He stayed in Fairbanks for 11 years where he became an assistant district attorney (1980 to 1985) before entering private practice as an associate at the Law Offices of Guess & Rudd (1985 to 1987), and as sole practitioner from 1987 to 1990.

Berger then became the general counsel of the Republic of the Marshall Islands Nuclear Claims Tribunal from 1990 to 1993. He went to Saipan soon after that, and now calls the island his home for more than 20 years.

He was hired as an associate at White, Pierce, Mailman & Nutting in 1993 and stayed there for two years before becoming the corporate counsel for TanHoldings from 1995 to 1996. He then put up the Law Office of S. Joshua Berger in 1997 where he is the sole practitioner up until now.

His first foray in endurance sport was in 1998 and he tried his first triathlon on Tinian the following year, where he got hooked. "I was a very bad swimmer," Berger said with a laugh. "But now, I usually finish in the top three."

"Despite that, I still find triathlon much easier for me. Your knees tend to get hurt in marathon, that's why I only run one marathon a year since it is so tough on your body, but I can do many triathlons. I had a couple of crashes riding my bike while training but not on the actual races. No flat tires either," said Berger.

Berger had a scary moment in 2000, his first Tagaman Triathlon, after his temperature reached 104°F when he crossed the finish line. "I overheated. I remember the volunteers wrapping cold towels on my body and after that I was rushed to the hospital. Both my sons were worried. They wouldn't watch me do endurance events for quite awhile after that."

Berger, who was born in New York but grew up in Los Angeles, said that training for triathlons or doing other forms of endurance sport calms him after a grueling day at the office or inside the courtroom. "It helps me to stay calm and stimulates my mind. I've became passionate about it since now I have a good income and it has also its health benefits."

Being physically fit and active also helped Berger look young. "I'm now 63 years old where I usually top my age division in several triathlon races here on Saipan. I competed in the Tagaman for 16 years with 11 as an individual and five as a member of a team."

Now Berger and his wife Mamiko are moving to Thailand where it is much easier to avail of immediate healthcare as he needs to be checked annually. "I still feel great but we're not getting any younger. Bangkok has nice medical facilities and it is also near the Philippines."

He hopes to also practice law there. "Right now, Michael Evangelista is slowly taking over my office. But we will come to Saipan from time to time, since I have kept some of my clients."

KYOKAZU ONISHI

CATHERINEPERRY
Contributing Writer

Sports Tourism Champion

Sports tourism has grown exponentially in the Northern Marianas in recent years, with numerous races and tournaments now a regular part of the annual calendar. One of the founding forces of the industry is Kiyokazu Onishi, whose influence reaches back to 1994 and continues today with another new world-class event planned on Saipan for 2017.

Onishi is president if the KFC Triathlon Club and founder of the Rota Blue and Tinian Turquoise Blue.

Tell us about KFC Triathlon Club.

K is for Kiyokazu Onishi, F is fitness, and C is Club. It's not fried chicken.

How did you come to know about Rota before your first visit in 1993?

I would often go to Guam, and I would always see another small island when landing. I was very interested and wondered, 'What's this island?' I visited in 1993 for vacation, and at once, I liked beautiful Rota. Going back to Japan on the plane after vacation, I thought it would be a good idea to bring a triathlon or something to the island. So I had the first Rota Blue triathlon with the people and the Rota Mayor's Office in 1994.

You said Rota is beautiful. What do you like about Rota?

The sea…the ocean…and the feeling from the Chamorro people, it's a good feeling…

How did you start the Tinian Turquoise Blue?

Vacation.

Vacation again?!

In 1994, I came to Saipan and was going to Rota. That's the time I saw Tinian island, and I thought, 'What's this island?' Later they built the Tinian Dynasty Hotel, and I was interested to bring another event there.

What made you decide to promote the Northern Marianas for sports?

I like the Chamorro and Carolinian people best.

How do you feel Rota, Tinian and Saipan are different?

For me, the feeling from the people is the same. Of course, the view is different. Another point is, in Tinian and Rota the water is very clean and the ocean visibility is very high. But Saipan has now become polluted; the water is not really clear.

What do the athletes who come say about the islands?

Athletes have the same opinion. On Rota and Tinian, the ocean is always very beautiful and very clear, but Saipan is a little bit (fades off to silence)…

It's true!

I have already talked to the Marianas Visitors Authority, and we are checking to hold an Ironman 70.3 Saipan race in January 2017. This is totally different from the Tagaman. We are choosing a swim course near Kensington Hotel and Paupau Beach. Paupau Beach is very clear, and there are no smells…

Why did you decide to start an Ironman here?

I like Rota #1 (laughs), but if we set the Ironman race, we need more hotel rooms and more airlines, the difficult things. We like Saipan, too. If we hold the Ironman here, we can get more than 500 people from Japan, and from Korea maybe 200 to 300 people. Our target is 700. Of course, as we develop more, maybe European people or people from the mainland will come to the Ironman.

Let's talk about KFC. Your theme is, "Pursuing great nature since 1991." What kind of sports does KFC promote?

Cycling, running, swimming, and triathlon. Actually, before we started the Rota Blue, the company did not have a triathlon division.

What other places do you have events around the world?

Japan, Palau, Guam, New Zealand, and France.

Is Rota still your favorite?

Yes! (laughs) KFC participants choose events and locations. Of course, some are repeat participants in KFC events, and these people are very much interested in Ironman Saipan. The Ironman title has name value around the world. That's why we are expecting that it can bring people to Saipan.

If you win the Ironman Saipan, would it qualify you for another Ironman, like in XTERRA?

It's the same system as XTERRA. If you finish Ironman in a good place, you can go to the championship in Hawaii. XTERRA has big name value in the Marianas, but in the world, XTERRA is only a small community and Ironman is a bigger community.

In your opinion, what does the Northern Marianas need to do to improve sports tourism and attract more athletes?

Now the government understands how good sports tourism is. Sports is a very clean and healthy image for the islands. The No. 1 program is airline companies. The bike carrying fee is very expensive. Also, there may not be enough seats for athletes to come. The domestic airline company is always very helpful, but we must also think about the international airlines.

I understand the Rota Blue this year will be a biathlon—swimming and running.

That's right. And the Tinian Turquoise Blue is closed, because the Tinian Dynasty is closed.

What can the community do to help grow sports tourism?

Dai jabu (it's fine). Since we started, they were already sharing the road. Tinian and Rota have no cars, and Chamorro and Caorlinian people are very kind. The MVA and local companies are also always helpful.

You are a biker, swimmer, and triathlete. Which is your favorite?

Triathlon.

What kind of person make a good triathlete?

Choto…a little crazy.

How have you seen sports tourism change in the Northern Marianas?

When we started in 1994 in Rota, local people were not walking or running. They would just sit and watch. Then Rota had only a few locals participating, but they did not do the swim part; they made teams for the biking and running. But now, little by little, I see the people changing and more people doing sports. It's good for our health.

exercises that minimize injuries

ROSELYN MONROYO
TAGA *Sports* Staff Writer

No matter how good and strong they are, athletes are still human. They get hurt and injured, even more often than others because of the extra stress that they place on their body.

Pam Carhill, a physical therapist and certified Pilates instructor, has seen and treated athletes' injuries, having been volunteering as a physiotherapist for the CNMI national football teams that are training and competing in international tournaments.

Ankle, knee, hip/groin, shoulder, and back injuries are some of the common injuries affecting our athletes (and weekend athletes, too) and though she always recommends to seek medical help for treatment, Pam said there are ways to prevent these injuries from occurring frequently.

Pam's tips include stretching—the cardinal rule—doing foam roller exercises, finding the appropriate shoes, and support, and to an extent using what looks like an ancient contraption used for torture (according to one online health magazine) or what is well-known as a Pilates Reformer.

STRETCHING

Always hold stretches 30 to 45 seconds and do not stretch cold muscles and make sure you have time to warm up before you stretch. When you stretch, make sure you do not bounce or push past the feeling of a stretch and to the point of pain.

Outer/Inner calf stretch: This is done to reduce the risk of having Achilles tendonitis, plantar fasciitis, and cramps. Tightness of the calf can cause pain both on knees and feet. To do the outer and inner stretch, keep your right leg forward, foot flat on the floor, and extend your left leg straight back, placing your heel flat on the floor. Don't bend your back knee. Lean into the wall until you feel the stretch in the calf of the straight leg. Hold for 30 to 45 seconds and switch sides. Next, do the same stretch with both knees bent, holding 30 to 45 seconds.

Iliotibial band static or standing stretch: This aims to lessen the risk of getting hip/groin, hamstring, back, and knee injuries. It is used to help athletes suffering from Iliotibial band syndrome, an overuse injury of the connective issues that are located on the outer thigh and knee. Iliotibial band runs along the

lateral or outside aspect of the thigh, from the pelvis to the tibia, crossing both the hip and knee joints. Pam said there are many Iliotibial band stretches, but she suggested the static or standing stretch as athletes can do this by themselves anywhere. Place the leg you want to stretch behind the other one. Keep your foot on the floor and push your hips out to the other side until a stretch is felt in the outer hip. You may also feel a stretch down the outside of the thigh. Hold for 30 to 45 seconds then do the same with the other leg in front.

FOAM ROLLER EXERCISES

These exercises relieve back and hip pains, soothing tight and sore parts of your body—a self-massage. A foam roller looks like a log, but softer.

Basic foam roll: Lie down the floor and place the foam roller underneath your upper and lower back (vertical). Bend your knees and feet on the ground, putting the weight of your hips onto the roller. Extend your arms (sideways about 45 degree angle from your side). Keep the position for 15 minutes and relax. If you do not have a foam roller, you can use your yoga mat or thick towels and roll them.

Upper back roll: Lie down the floor and place the foam roller underneath your upper back (horizontal). Cross your arms in front of you, extending your shoulder blades. Raise your hips off the ground and place your weight on the roller. Do not do this one more than three times.

RIGHT SHOES

Branded or not, just make sure your shoes have enough cushion and support to prevent pain in your ankle and feet. Insoles and gels are recommended, especially to those who run a lot. These cushioned inserts come in different forms depending on the arches of one's feet (low, medium, and high). Pam also suggests having two pairs of shoes (if you can afford it) when playing as this way the shoes dry out between exercise sessions and will last longer. The more often you used those shoes, the more they lose support, the greater your feet absorb shock during highly physical activities, such as playing sports.

PILATES REFORMER

This equipment was invented by Joseph Pilates and is made up of a platform that moves back and forth along a carriage. It features low-impact exercises that improve muscle endurance, core strength, flexibility, and posture. The equipment allows people with injuries and limited movements to do exercises in a modified form—not your usual strenuous workout at a regular gym.

For the CNMI football players, Pam teachers the following exercises using the Pilates Reformer:

Rowing: Sit upright. Hold the handles, thumbs together and elbows lifted at shoulder height. Using your abdomen, sit and curl back as though you are rowing a boat, hands into sternum. Your lower back will curve like a letter C. Hold the body still and open the arms out to slightly wider than the carriage (the rectangular platform of the reformer). Once the arms and carriage have moved as far as possible, begin to fold forward, head toward knees, constantly scooping the stomach away from the thighs as the hands travel back and come together behind the seat. Continue pulling the stomach up into the C-curve to lift the hands toward the ceiling, opening the chest and shoulders. With control, open the arms and circle them as high and wide as the shoulders comfortably allow, never losing the scoop of the abs. Finish reaching toward the feet. Return to start position and repeat (repetition depends on the injured athletes' condition). Rowing is nearly a complete workout, as you have your knees, shoulder, back, hip, and feet working together.

Jumpboard: Pam said this is the most favorite exercise of the athletes she treats. The jumpboard is a padded plate that replaces the foot bar on the reformer. The jumpboard workout is safe and causes no jarring impact on the knee joints. You are jumping while lying down. To do this, simply lie your back on the carriage, adjust the spring tension, and jump on the board as if it is the floor.

Pam holds Pilates Reformer classes at Eucon Medical Health Services and again reminds people, athletes or not, to pay a doctor a visit before getting into the workout mode.

MP United U12 players and officials pose for a photo before a practice session at the "blue pitch" in Numazu, Japan last September.

CONTRIBUTED PHOTO

More than just a soccer trip

RANDY STEELE
Contributing Writer

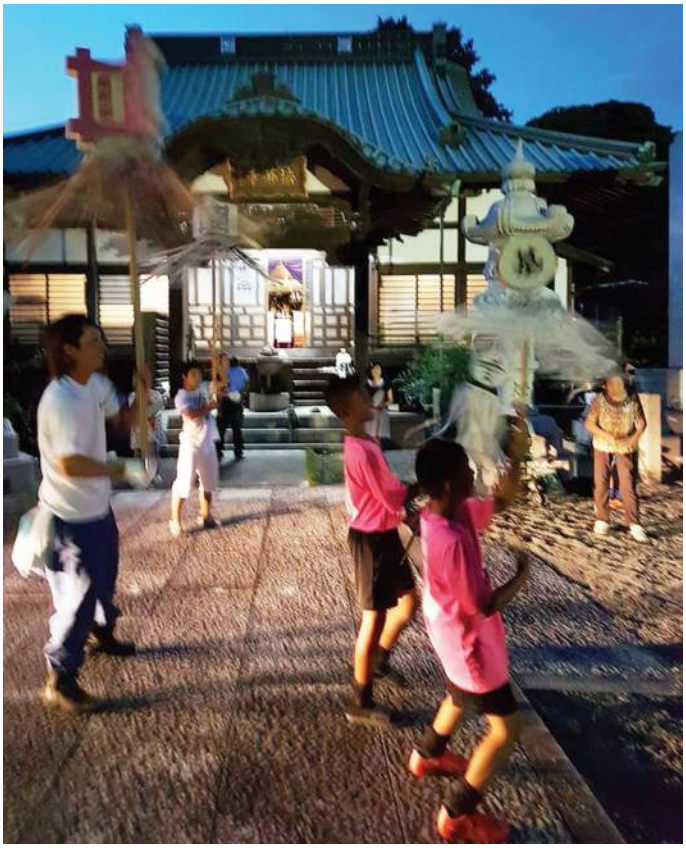
Last September, a 15-member delegation of MP United Football Club—made up of 12 and under players, a coach, team manager, three moms, a little sister, and a head of the group—left Saipan for Numazu-shi, Shizuoka Prefecture, about 80 miles west of Tokyo, in the foothills of Mt. Fuji. They were there for the 6th Pacific Ocean Cup, hosted by Vivid Blue Football Club of Numazu. Vivid Blue is MP United's "sister club" in Japan.

The tournament held last Sept. 4, at the hard-dirt field of Numazu Seibu Ground, showcased the talents of some of the region's best 12 and under soccer teams. The previous day, MPU had played in a half-day of "friendlies" (short games against each of Vivid Blue's age-group teams).

Though MPU players were thrilled with the number of matches they played, numerous experiences off the field and the amazing persons involved were the most memorable to both the kids and adults. This trip ended up exceeding the expectations of everyone of us who were lucky enough to be a part of it.

CONTRIBUTED PHOTO

The author, third left, and MP United players enjoy one of their cultural exchange activities in Japan.



Among the group's non-soccer activities were a half-day at the Nihondaira Zoo in Shizuoka, home to over 700 animals representing over 180 species. The zoo also has Japan's longest "roller slide" at 390 meters, which all of the kids and coaches rode.

Before going to the zoo, the group gathered at the Hokkeji temple in Numazu and was taught how to make "wagashi," which are sweet, traditional Japanese confections, typically made from plant ingredients and often served with tea.

Our "wagashi" creations were preserved for us and brought the next day to a 108-year old tea house, across a field from Vivid Blue's facility, where everyone in our group were taught to make "ocha," a form of green tea. The very nice, elderly couple who patiently taught us was the fourth-generation owners of the home. Each kid and adult hand-stirred their own tea, learned the proper graces of handling the filled teacup and of course, drunk every drop of our finished product.

Our trip to the 6th Pacific Ocean Cup coincided with Vivid Blue's 10th anniversary celebration, of which we were guests and participants. Other highlights of the trip were the farewell party, also on the grounds of Hokkeji temple, and perhaps most of all, the kids' experience of four nights of home-stay with Japanese host families, who were Vivid Blue club members. These three families as well as all the Vivid Blue family members we had the pleasure of meeting were incredibly gracious and hospitable. Nobody in our group wanted to leave Numazu.

Below were some of the thoughts of MPU players and coach Gene Weaver about the groups' trip to Japan.

MPU Player Fiona Bucalig: "The people there are so nice and welcoming and the opportunity to experience the Japanese traditions was amazing!"

MPU Player Jeremiah Diaz: "Our homestay family was some of the nicest people that I've ever met. They were really dedicated to making our trip a 'once in a lifetime' experience. I hope that we can visit again someday. I also had fun sliding down the longest slide in Japan."

MPU player Richard Steele: "I really miss our homestay family. They were so fun. The trip to the zoo was great. Everything that we did in Numazu was fun and memorable."

MPU coach Gene Weaver: "Coach Sachi and her coaches did an outstanding job in making our trip to Numazu the most memorable one and their club's parent involvement was overwhelming. I would also like to thank all the players, coaches and the homestay families for taking in our children and treating them as if they were their own."

Members of MP United's 12 and under traveling team to the 6th Pacific Ocean Cup would like to thank our sponsors that helped fund our ground transportation and activities while in Japan: Triple J Saipan, Inc., IT&E, Younis Art Studio/*Marianas Variety*, and the MVA's "Cash For Trash" program.

Randy Steele is the team manager of MP United U12.

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